

5 adapted for generally reciprocating movement between said ends;
a dynamic member driven by a motor;
a means for providing resistance between said carriage and said dynamic member, said
resistance urging said carriage in a first direction;
a means for engaging said carriage against said dynamic member in a first direction to
10 enable the user to propel said carriage in a second direction; and
a means for maintaining said carriage between said ends.

25. An exercise apparatus as defined in claim 24 wherein said carriage is a seat.

15. An exercise apparatus as defined in claim 24 wherein said carriage is a shoe.

27. An exercise apparatus as defined in claim 24 wherein said means for engaging is a one-way clutch.

20. An exercise apparatus as defined in claim 24 wherein said means for maintaining include
a carriage stop near said front and said rear ends of said frame.

25. An exercise apparatus as defined in claim 24 wherein at least one of said ends of said
frame is adjustable above a support surface whereby said frame is capable of inclining and/or
declining with respect to said surface.

30. An exercise apparatus as defined in claim 24 wherein said motor provides a varying speed,
whereby the speed increases as the average position of said carriage moves towards said front
end and decreases as the average position of said carriage moves towards said rear end.